



THE SEPTEMBER HANG CHALLENGE WORKBOOK

NAME:





CAN YOU HANG FROM A BAR FOR 20 SECONDS?

I originally asked this question in my blog because the dead hang is such a wonderfully simple test.

No complicated equipment, no fancy fitness assessment and no complicated calculation.
Just you, a bar and gravity.

For the next six weeks, we're going to see what happens when you actually train for it.

You're going to complete a small number of exercises five days a week, track your progress and retest your hang time at the end of every week.

And because I'm me, we're not just going to feel like we're getting better.

We're going to measure it.





HOW THE CHALLENGE WORKS

1. Test your starting hang

Measure your maximum dead hang before you begin. Record this on page 11

2. Complete your exercises

Three or four exercises, Monday to Friday.

3. Record your progress

Tick off each session in your weekly diary on pages 8,9 & 10

4. Test your hang every week

Record your maximum hang time at the end of the week on pages 8,9 & 10

5. Watch the progression

Your workbook tracks your progression.

6. Complete your final test

Compare Week 6 with where you started. The workbook will calculate this for you.



EXERCISE LIBRARY

DEAD HANG

GYM METHOD

Equipment: Pull-up bar

How to do it:

1. Stand beneath the pull-up bar and take an overhand grip, approximately shoulder-width apart.
2. Lift your feet from the floor so that your body is fully supported by your hands.
3. Straighten your arms and allow your body to hang beneath the bar.
4. Keep your shoulders controlled rather than actively shrugging towards your ears.
5. Keep your core gently engaged to minimise unnecessary swinging.
6. Breathe normally and hold for the prescribed time.
7. When you finish, release the bar safely rather than dropping from height.

For the challenge, do not take every training hang to absolute failure. Your weekly maximum hang is your test. Your training hangs are there to build capacity.

WATCH THE DEMO:

[Dead Hang demonstration](#)

A dead hang primarily challenges the forearms and grip, with additional demand on the lats, shoulders and upper back.

NO GYM, NO PROBLEM

If you don't have access to a gym, you can do this at home using a secure, properly installed pull-up bar.

Follow exactly the same technique as above.

Important: Make sure your bar is correctly installed and rated for your bodyweight before attempting a full hang. Do not improvise with furniture, door frames or anything that has not been designed to support your bodyweight.

Beginner option: If you cannot yet support your full bodyweight, keep your feet lightly supported on the floor or a stable step and gradually reduce the assistance.



EXERCISE LIBRARY

FARMER'S CARRY

GYM METHOD

Equipment: Dumbbells or kettlebells

How to do it:

1. Place a dumbbell or kettlebell on either side of you.
2. Stand with your feet approximately hip-width apart.
3. Pick up the weights using a controlled hinge or squat, keeping your back neutral.
4. Stand tall with your arms hanging naturally by your sides.
5. Brace your core and grip the handles firmly.
6. Walk forwards with controlled, deliberate steps.
7. Keep your torso upright and avoid allowing the weights to swing.
8. At the end of the set, lower the weights to the floor with the same control you used to pick them up.

Choose a weight that challenges your grip but allows you to maintain good posture throughout the set.

WATCH THE DEMO:

[Farmer's Carry Tutorial – Proper Form and Technique](#)

The farmer's carry is particularly useful here because it combines grip work with trunk and upper-body stability.

NO GYM, NO PROBLEM

You don't need dumbbells.

Use two heavy shopping bags, backpacks, water bottles, kettlebells or other safe household objects that you can hold securely.

Load them evenly, pick them up safely and walk around your home or outside for the prescribed time.

The objective is exactly the same:

Hold. Walk. Stay tall. Don't drop the bags.

Start lighter than you think you need and increase the load as your grip improves.



EXERCISE LIBRARY

SCAPULAR PULL-UP

GYM METHOD

Equipment: Pull-up bar

This one is a little different because you are not doing a pull-up.

How to do it:

1. Take an overhand grip on the pull-up bar, approximately shoulder-width apart.
2. Hang from the bar with your arms straight.
3. Keep your elbows straight throughout the movement.
4. Starting from a relaxed position, pull your shoulder blades down and slightly back.
5. You should feel your body rise slightly as your shoulders move away from your ears.
6. Pause briefly at the top.
7. Slowly allow your shoulder blades to return to the starting position.
8. Repeat without bending your elbows or swinging your body.

Think: "Move the shoulder blades, not the arms."

WATCH THE DEMO:

[Scapular Pull-Up demonstration](#)

The movement is used to develop scapular control, lat activation and shoulder stability while keeping the arms straight.

NO GYM, NO PROBLEM

Use a secure resistance band anchored above head height.

Stand or kneel beneath the anchor and hold the band with your arms extended overhead.

Keeping your elbows straight, pull your shoulder blades down and back, bringing your hands slightly towards you, then slowly return to the starting position.

You are training the same movement pattern without having to support your full bodyweight.

No resistance band? This is one exercise where I would actually recommend buying one rather than inventing a questionable household substitute. A resistance band is inexpensive, portable and useful for loads of other exercises too. Readily Available at Amazon [here](#):



EXERCISE LIBRARY

LATERAL PULL

GYM METHOD

Equipment: Lat pulldown machine

How to do it:

1. Adjust the thigh pad so that your legs are comfortably secured beneath it.
2. Sit tall and take the bar with an overhand grip, roughly shoulder-width to slightly wider.
3. Start with your arms extended and your chest lifted.
4. Brace your core and keep your torso relatively still.
5. Pull the bar down towards the upper chest, driving your elbows down towards your sides.
6. Pause briefly at the bottom and squeeze your upper back.
7. Slowly return the bar to the starting position.
8. Allow your arms to extend fully before beginning the next repetition.

Don't turn it into a full-body rowing competition. If you're swinging backwards to get the weight down, the weight is too heavy.

WATCH THE DEMO:

[Lat Pulldown technique guide and demonstration](#)

Good lat pulldown technique involves maintaining a controlled torso position, pulling towards the upper chest and avoiding excessive momentum.

NO GYM, NO PROBLEM

Use a resistance band anchored securely above head height.

1. Kneel or sit facing the anchor point.
2. Hold the band with both hands.
3. Start with your arms extended overhead.
4. Keep your chest lifted and core engaged.
5. Pull your elbows down towards your sides.
6. Bring your hands towards the upper chest.
7. Pause and squeeze your upper back.
8. Slowly return to the starting position.

Choose a band that allows you to complete your repetitions with control but also feels challenging..



THE WEEKLY DIARY

WEEK ONE - 31 AUGUST - 6 SEPTEMBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG	☐	☐	☐	☐	☐
FARMERS CARRY	☐	☐	☐	☐	☐
SCAPULAR PULL UP	☐	☐	☐	☐	☐
LATERAL PULL	☐	☐	☐	☐	☐

WEEK 1 HANG TEST

My hang time: seconds

How did it feel?

WEEK TWO - 7 SEPTEMBER- 13 SEPTEMBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG	☐	☐	☐	☐	☐
FARMERS CARRY	☐	☐	☐	☐	☐
SCAPULAR PULL UP	☐	☐	☐	☐	☐
LATERAL PULL	☐	☐	☐	☐	☐

WEEK 2 HANG TEST

My hang time: seconds

How did it feel?



THE WEEKLY DIARY

WEEK THREE - 14 SEPTEMBER - 20 SEPTEMBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG	☐	☐	☐	☐	☐
FARMERS CARRY	☐	☐	☐	☐	☐
SCAPULAR PULL UP	☐	☐	☐	☐	☐
LATERAL PULL	☐	☐	☐	☐	☐

WEEK 3 HANG TEST

My hang time: seconds

How did it feel?

WEEK FOUR - 21 SEPTEMBER- 27 SEPTEMBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG	☐	☐	☐	☐	☐
FARMERS CARRY	☐	☐	☐	☐	☐
SCAPULAR PULL UP	☐	☐	☐	☐	☐
LATERAL PULL	☐	☐	☐	☐	☐

WEEK 4 HANG TEST

My hang time: seconds

How did it feel?



THE WEEKLY DIARY

WEEK FIVE - 28 SEPTEMBER - 4 OCTOBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG					
FARMERS CARRY					
SCAPULAR PULL UP					
LATERAL PULL					

WEEK 5 HANG TEST

My hang time: seconds

How did it feel?

WEEK SIX - 5 OCTOBER- 11 OCTOBER

Exercise	Mon	Tue	Wed	Thu	Fri
DEAD HANG					
FARMERS CARRY					
SCAPULAR PULL UP					
LATERAL PULL					

WEEK 6 HANG TEST

My hang time: seconds

How did it feel?



THE CELEBRATION

LOOK WHAT YOU DID.

YOU ADDED

+____SECONDS

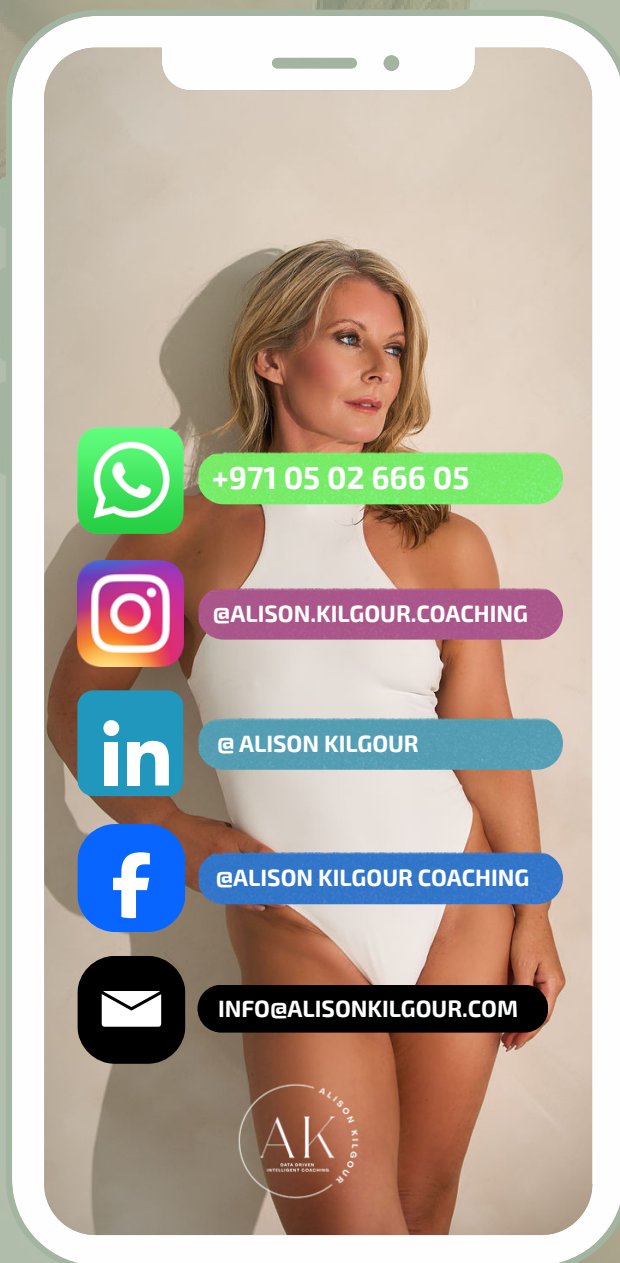
THAT'S A
____% IMPROVEMENT

Starting hang: ____ seconds

Final hang: ____ seconds

BIGGEST WIN:





IMPORTANT INFORMATION & DISCLAIMER

This six-week Hang Challenge has been created by Alison Kilgour Coaching for general fitness, education and participation purposes. The information, exercises and recommendations provided are intended as general guidance and are not a substitute for individual medical, health or fitness advice.

By participating in this challenge, you acknowledge that exercise and physical activity carry inherent risks, including the possibility of muscle soreness, strains, sprains, falls and other injury. You are responsible for determining whether you are physically and medically able to participate safely.

If you have any existing medical condition, injury, physical limitation, are pregnant or recently postpartum, have had surgery, experience unexplained pain, dizziness, chest pain, unusual shortness of breath or any other concerning symptoms, you should seek appropriate advice from your doctor or other qualified healthcare professional before participating.

You should perform all exercises using appropriate technique and only with equipment that is suitable, secure and rated for your bodyweight or the load being used. Do not attempt a dead hang from furniture, door frames, fixtures or other equipment that has not been specifically designed and safely installed for this purpose.

You should work within your own current ability and progress gradually. The exercises in this challenge should not be performed through pain. If an exercise causes pain, dizziness, unusual discomfort or any other concerning symptom, stop immediately and seek appropriate professional advice where necessary.

The challenge is designed to provide general exercise guidance and does not constitute a personalised training programme, medical advice, diagnosis or treatment. Participation is voluntary and you remain responsible for your own decisions, exercise technique, equipment and level of effort throughout the challenge.

Alison Kilgour Coaching makes reasonable efforts to provide accurate and appropriate general fitness information; however, individual responses to exercise will vary and no specific result or improvement in hang time is guaranteed.

To the fullest extent permitted by applicable law, Alison Kilgour Coaching and Alison Kilgour are not responsible for loss, damage or injury arising from participation in the challenge, except where such liability cannot lawfully be excluded or limited.

If you are unsure whether this challenge is appropriate for you, please obtain advice from an appropriately qualified healthcare or fitness professional before participating. By taking part in the Hang Challenge, you confirm that you have read and understood this information and are choosing to participate voluntarily and at your own risk.



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